

# THE *List*.

## Makeup tricks that make you look younger

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Taking care of your skin, body, and mind is important, and a PMA (aka "positive mental attitude") can make all the difference. Doing all of those things can help you look and feel younger, but there are also plenty of makeup tips and tricks that can assist with this process.

In addition to drinking lots of water and avoiding greasy, fried foods, you can use products to your advantage. A generally healthy lifestyle and knowledge of how to effectively use both skincare and color products are the most critical elements of a youthful beauty regimen, regardless of age. Tie it all together and you will retain a young, fresh look. Try these basic suggestions from the experts.

### **Invest in non-surgical skin treatments**

If you want to look younger, you don't need to resort to drastic, expensive, or painful surgical procedures as a way to locate the fountain of youth. Dr. Michelle Yagoda, a facial plastic surgeon, recommends less invasive, non-surgical skin treatments.

She told me, "Often, you can achieve a younger look and complexion through less drastic but also more temporary non-surgical means, such as facial peels, injectables, or laser treatments." These treatments may not be permanent, but they are more affordable and offer a more natural way to achieve a younger appearance. So it's a worthwhile trade off.

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